



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

12/2/20

Show-Me Hope

[Show-Me Hope](#) is the statewide crisis counseling program to address the stress, strain, grief and loss throughout Missouri. It is free, confidential and available 24/7. Individuals can access a toll free helpline to discuss their feelings and be referred to services such as grief counseling. Employers can arrange virtual stress management programs for staff and family.

Call or text [800-985-5990](tel:800-985-5990) today and ask to be connected to the local Show-Me Hope program in your community. Feel free to share this with others who may be interested.

www.dmh.mo.gov/dd
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH